SOLID PSYCHIATRY

Solid Psychiatry is a trusted mental health clinic dedicated to providing personalized, evidence-based care for conditions like anxiety, depression, OCD, and more. Their experienced team offers compassionate support through therapy, medication management, and holistic treatment plans.

WHY COLORS MATTER IN MENTAL HEALTH

Colors are powerful tools for spreading awareness.

Each color represents a specific mental health condition.

Wearing or displaying these colors shows support and reduces stigma.

Green – Mental Health Awareness

Symbolizes: General mental health support

Used For: Mental Health Awareness Month (May)

Meaning: Healing, renewal, and hope

Purple – Suicide Prevention

Symbolizes: Suicide awareness and prevention

Meaning: Support for survivors, hope for those struggling

Anxiety & Depression

Symbolizes: Anxiety, depression, and anti-bullying

Meaning: Calm, peace, and emotional balance

THANK YOU

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